

## **Suggested Research Ideas for Development Within the Behavior Change Consortium**

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**Goal:** The Physical Activity Workgroup is invited to assist in the identification and preparation of research proposals for cross-site BCC activities requiring further funding. This will be an item for discussion at the October 4, 2001 meeting, and members attending (as well as those not able to attend) should read through these suggested activities and be prepared to discuss research ideas that the BCC group is uniquely prepared to address.

### **Identification, Selection and Review of Key Research Projects:**

- The BCC investigator charge is to develop concrete research projects that cut across the current BCC projects and workgroup activities. A mechanism needs to be established that gives all interested investigators an opportunity to contribute to this generation of research ideas. The goal is to generate a set of research ideas that can be brokered to appropriate funding sources.
- Projects will need to be selected, a project leader and group members identified. We need to formulate a selection and review process, including development of a general set of guidelines specifying types of projects to be funded and amounts of possible funding. First steps include: compilation of common assessments across sites, generation of research ideas, selection of a few research ideas, establishment of project teams, preparation of research statements, setting up an internal review process, and identification of possible funders.

**Generation of Research Ideas:** This document offers a broad structure of research priorities generated by generic physical activity research needs as well as burning research issues highlighted at the recent Seapines Research Course in Public Health and Physical Activity. We recommend that BCC members fit their specific research ideas into one of these broad categories (please inform us if we have left out a major category of research).

**Broad Research Frameworks:** Given the plethora of individual research projects, it is useful to propose a set of research categories that can serve as an organizing framework for research ideas generated by PA (and other) workgroups.

**Physical Activity Assessment:** Can BCC evaluate different self-reported scales against each other—and against observational techniques? Also are some assessment techniques more or less effective in different populations—e.g., by age or functional status. What can be done in addition to the stages of change activity that is already underway?

**Identification of common mediators:** Are there a few key psychosocial mediators (e.g., self-efficacy or Social support) that impact on outcomes across interventions, populations and settings? What analyses can be done with cross-sectional versus longitudinal data?

**Dose-response issues:** What if anything can BCC investigators add to this debate? Can we devise treatment intensity measure and assess various outcomes across different projects, grouping similar types of interventions/populations?

**Cost-benefit analyses:** Can a uniform methodology be used to record costs of different intervention strategies? Can all or a subset of PA projects agree upon similar techniques to assess cost-benefit of their interventions? Can we compare outcomes across key issues such as population characteristics, treatment intensity etc.

**Pilots for next generation of behavioral change research:** Could investigators come together and develop new and improved interventions from their own and other BCC investigators learnings? It would be useful to have seed money available to test out these new intervention approaches—or old interventions for new behaviors or populations.

**Research to Translation:** What are logical next steps of the research and translation working group? This group is generating expertise that might be share with others—can we envision establishing a Research Network or Center of Excellence that can provide technical assistance to others?